



Transitional Resources

hope. opportunity. recovery.

2011 - 2012 ANNUAL REPORT & NEWSLETTER



Celebrating
35 years



Our vision is that everyone with mental illness achieves a better life



Transitional Resources' Report to the Community

Dear Friends,

Our 35th year of providing recovery-oriented mental health services at Transitional Resources has been a wonderful period of growth and change. Our new housing project, Avalon Place, continues to establish its roots among our growing TR community of clients, staff, volunteers, and donors. Together we forged new connections and strengthened existing relationships with our local community through multiple events, such as Food for Art, which benefitted TR's art therapy program, and the Adopt-A-Room Project that furnished the Avalon Place apartments.

Planning for the impacts of health care reform—whatever shape it ultimately takes—has also been at the top of our agenda. Transitional Resources fills a special niche in King County and we want to ensure that we are positioned to continue serving the most vulnerable men and women living with mental illness.

Amidst all of the changes and planning for the future, we remain committed to providing highly personalized services for all TR clients throughout our continuum of care. We are able to keep our services robust because of TR's dedicated donors and outstanding community partners, despite funding cuts and a difficult economic climate. With your financial contributions, we continue to promote recovery and provide our unique environment where individuals can grow and thrive.

As always, thank you so much for sharing our belief that *all* people, including those living with major mental illnesses, deserve to have decent housing, to feel needed and wanted, to engage in meaningful activities, and to be a part of community. We look forward to sharing the next 35 years with you!



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OUR MISSION:

Respecting Autonomy, Dignity, Integrity, and Recovery

Transitional Resources helps adults living with the most serious and persistent forms of mental illness by providing respectful and optimistic recovery-oriented services, affordable housing, and advocacy against discrimination which works to break the cycle of incarceration, hospitalization, and homelessness.

We value the same things that those with mental illness do:

- decent housing;
- feeling needed and wanted;
- being part of the community;
- working and engaging in meaningful, age-appropriate activities; and
- having hope for a highly personalized form of recovery.

Our Programs: We offer a continuum of services that are integrated and comprehensive. Each program uses pioneering concepts that promote recovery and a better life for those with mental illness.

Crisis/Hospital Diversion

Residential Treatment

Intensive Congregate Care Program (ICCP)

Intensive Case Management

Expanded Community Services (ECS)

Case Management

Puget Sound Networks (PSN)

Supported Housing

Vocational Programs

Puget Sound Employment (PSE)

Growing Solutions

Our supported housing and comprehensive mental health care services provide an environment conducive to recovery. Without these services, people struggling with mental illness frequently end up in jail, in the hospital, or on the streets.

Meet our Clients

Cheryl's Story

21 years ago, Cheryl (far right) was a young woman with overwhelming problems. "I was homeless, out of work, and confused....my family had rejected me." Cheryl says she didn't know what was wrong, but she knew she was not okay. Scared and hopeless, she joined TR's residential program at the age of 19. She began learning about her mental illness and the ways she could live successfully with her diagnosis of schizophrenia. Her treatment team helped her find the right medications, meaningful work, and — eventually — her own apartment. Today, the most meaningful work she has is caring for her twin 14-year-old daughters.

Though Cheryl no longer needs the intensive services from TR that she once depended on, she continues to receive critical support from her case manager and psychiatrist. "I get my support through them," she said. "I feel like, if I need something — if I'm having a rough time — I can always call. They help me cope with whatever difficulties I'm facing." While her road to recovery has been laden with challenges, she says she is "all right". With a proud smile lighting up her face, she gestures to her thriving daughters as proof.



Clyde's Story

The first time Clyde was admitted into a psychiatric hospital, he was ten years old. His adolescent years were not happy ones, and he cycled between hospitals, shelters, and jails. "I had a lot of anger," he says. "Being homeless was hard. I had to worry about where I was going to eat, where I was going to sleep, how I was going to get money...."

Eventually, he was introduced to Transitional Resources and began working with a TR case manager and treatment team. He lived in one of TR's ten group homes and learned new skills for coping with his anger. TR hired him as a janitor, which helped him build job skills and experience.

Those job skills are paying off today: Clyde owns his own dog-walking business and juggles that work with caring for his wife, who lives with a disability. He counts on the TR staff and community to be there for him when he needs support. His wish for the future? "I'd like to see more job opportunities for people who are disabled."

A Letter to TR from Suzanne

"I came from Western State Hospital about 11 years ago. I remember my social worker telling me that Transitional Resources was the best program in the state of Washington, and I have found that to be true.

When I first arrived at TR, I was delusional and hearing voices. Over the years I have gotten much better. I have been working (on the yard crew and later as a janitor) for TR for about eight years. I have had my own apartment for about ten years.

I want to thank the staff for the support they have given me over the years. I take one day at a time — and I thank God every day for the blessing of the day."



How Avalon Place is Changing Lives

When we asked Troy what it is like for him to live in TR's new low-income housing project, Avalon Place, after six years living on the streets, he shakes his head in disbelief: "It's mind-blowing," he says. "I put the key in the door and I'm like, *this is MY apartment*. I don't have fear about getting hurt or robbed or assaulted. I have safety and security."

"Now that my basic needs are met, I can start thinking about other things, like what can I achieve?"

Since moving into Avalon Place nine months ago, Troy has started to feel relief from his intense anxiety. One of the things he particularly likes about life at TR is that he can be alone when he wants to be (a luxury he never had when homeless) and he can choose when to socialize. Sometimes, he gets together with other Avalon Place tenants to watch movies in the CPRS Community Room.



"Now that my basic needs are met," he says, "I can start to think about other things, like *what can I achieve?*" For the first time in years, he is considering going to college. He plans to begin doing volunteer work in the meantime while he continues to meet regularly with his case manager and focus on his recovery. "Staff goes out of their way to help," he says. "There's a safety net here. It's awesome."

Troy is one of sixteen individuals living at Avalon Place whose life has dramatically improved in the past year. Another tenant, for example, who was jailed over 65 times in the year prior to coming to Avalon Place, has not been jailed once since coming to Transitional Resources. Although the transition from homelessness can be challenging, TR has long believed in the ability of individuals living with mental illness to be successful, provided they are given adequate support. We honor the valiant effort each of our clients is making on his or her road to recovery.

Why I support TR



Talking with the vibrant Elsie Ford today, it's hard to imagine that she was once homeless. In 1994, she spent the last two weeks of the year in a women's shelter, writing a poem daily. "In the Other Town" (below) is one of those poems.

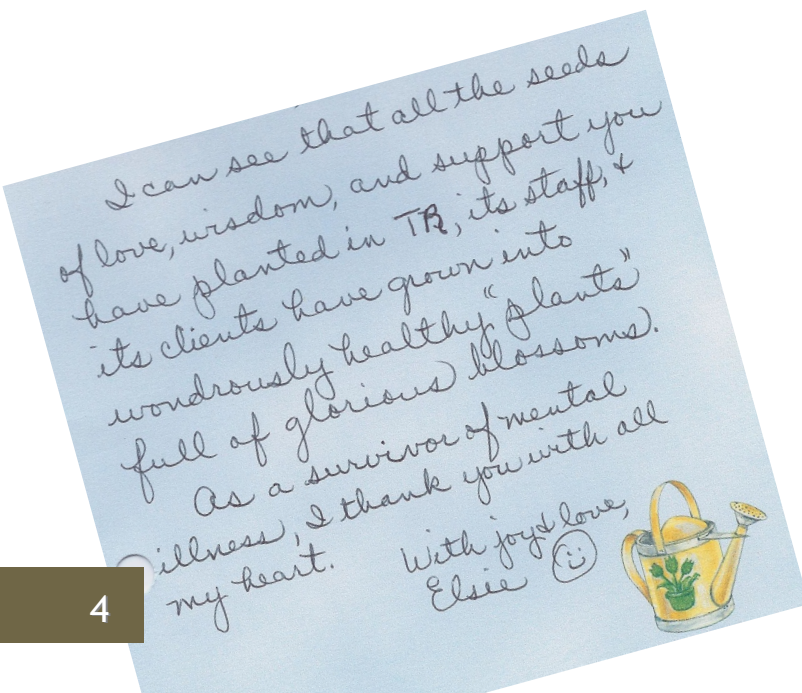
Elsie first heard about Transitional Resources from a friend at church, who invited her to TR's annual fall dinner, An Evening of Inspiration. "I identified with the clients, working hard to get well," she says. "And I could tell the staff really took good care of people." Though Elsie was in no position that year to financially contribute to TR, she did everything she could to let TR staff and clients know how much she appreciated them. Then, in 2009, her financial situation changed and she was able to pledge a monthly contribution. "It was such a great feeling to be able to give," she says. And give she does! Along with her monthly contributions, she sends heartfelt cards, recipes, and messages of hope. To this day, not a month goes by when staff and clients aren't impacted by her generous contributions.

In the Other Town - by Elsie Ford

*No one knows what my life was like
Before I became homeless.
No one knows what I've been through—
My sorrow nor my happiness.*

*In the other town, it was true
That I had a place to stay—
A good job that I did well
And I thought things would be that way.*

*So, please don't be my earthly judge
When you pass me on the street.
Be kind, open up; and let's
Share God's love when our eyes do meet.*



An Interview with our LVC and JVC Volunteers

For many years, Transitional Resources has partnered with two outstanding volunteer service programs working across the nation for peace and justice, the Lutheran Volunteer Corps (LVC) and the Jesuit Volunteer Corps (JVC). Annually, a volunteer with each organization devotes one year of service to Transitional Resources, helping with everything from accompanying clients at doctors' appointments to leading groups and helping clients prepare nutritious meals.

This year we were fortunate to host two incredible volunteers: Megan Strand joined us from the Lutheran Volunteer Corps after obtaining her degree in social work from the University of Wisconsin-Eau Claire; Kevin Nuechterlein joined us from the Jesuit Volunteer Corps after graduating from Chicago's Loyola University with a major in psychology and a minor in neuroscience. We sat down with Megan and Kevin during their final week of volunteer service to TR and asked them each some questions:

"The stigma out there is so strong and engrained that sometimes our clients believe it themselves. I want people to know our clients are great people."

What were you expecting when you came to TR?

Megan: I'd never worked in a setting like TR before, so I didn't know what to expect. I hoped to gain a better understanding of my own career path and see if I could learn what people with serious mental illness go through on a daily basis. For me, there was so much mystery and unknown in regards to mental illness.

Kevin: I was nervous. I hadn't worked with adults with serious mental illness before, so I was pleasantly surprised by the experience. In psych classes, I learned about the diagnosis, but here I got to know the people. It's been amazing to hear their histories and see how far they've come.



"I hope people understand our clients for who they are, not how society has presented them to be."

What did you learn?

Megan: The main thing? I have a lot to learn. There is still so much I want to grasp — how to be there for people who are in the midst of struggle and suffering...how to be an ally for them.

Kevin: So much. This was my first full-time job out of college, so I learned a lot about the working world. More than that, though, I learned a lot about schizophrenia and the

different disorders. I learned about how the hospitals, police and agencies — all the systems — work together. With the clients who use our crisis bed, I learned how much homelessness and mental illness are woven together. The system has holes...there is not nearly enough funding or support.

What would you want people to know about working with our clients?

Megan: I hope people understand our clients for who they are, not how society has presented them to be. What I've experienced of our clients is that each is an individual and not one of them fits into the cookie cutter idea out there of what it is to have mental illness.

Kevin: Our clients have great stories, personalities, and experiences that often get overlooked. The stigma out there is so strong and engrained that sometimes our clients believe it themselves. I want people to know our clients are great people.

We wish our volunteers the best as they continue on with their careers.

Community Partners

We are thankful to have the support of numerous foundations and corporations. This year, we particularly want to thank the Boeing Employees Community Fund, Comprehensive Payment Recovery Services, LLC, the Real Networks Foundation, and the Seattle Foundation.



realnetworks.



**The Seattle
Foundation**



EVENTS

The past year has been full of memorable events — from our annual garden parties, friends and family picnics, and Thanksgiving feasts to our Adopt-A-Room housewarming party and our new Food for Art event. Last September's annual fall dinner was a particular highlight, as we celebrated 35 years and heard directly from our clients about what recovery means to them. Brian said, "Recovery means being cared for, having a job, making sure I make my appointments with my doctor, and taking medications. Each year that goes by, it just gets better and better, and that is possible from the support I get from TR...and not just from staff, but from clients, too." The evening was a great success, raising over \$40,000 in direct support of our critical programming and the many individuals we serve.



This year, in response to clients' multiple requests for increased art therapy offerings, we launched a new event called Food for Art. Seven local restaurants stepped up to donate a percentage of their proceeds on April 12, 2012 to our art therapy program, and nearly twenty local businesses pitched in with raffle prizes. Friends of TR and West Seattleites out on the town for that evening's art walk dined in support of TR's art therapy program, which offers an accessible catalyst for healing. The creative process involved in expressing one's self artistically can help people resolve issues, as well as develop and manage their behaviors and feelings, reduce stress, and improve awareness.

Our annual friends and family picnics once again provided a casual venue for staff, Board members, volunteers, clients, and their families to come together over great food, games, and laughter.



Fall Event Reminder

An Evening of Inspiration: Fighting Stigma, Celebrating Success

Join us on Thursday, September 27, 2012 from 6:00—8:30 p.m. at

The Hall at Fauntleroy in West Seattle

For more information and to purchase tickets, visit our web site at www.transitionalresources.org
or call Yemaya St.Clair at (206) 883-2029

2011 FINANCIALS

Fiscal Year: January 1—December 31

Revenue		Expenses	
Public Funding	\$1,542,549	Personnel	\$1,422,325
United Way	83,991	Professional Fees	50,105
Client Fees & Rent	480,512	Operating	66,795
Donations	190,617	Supplies	100,447
Special Events	42,207	Facilities & Equipment	524,537
Interest Income	297	Insurance	59,579
TOTAL REVENUE	\$2,340,173	TOTAL EXPENSES	\$2,223,788

Transitional Resources Client Demographics 2011

Ages 18-60

Gender

Male	64%	
Female	36%	

Ethnicity

Caucasian	55%	
African American	21%	
Asian/Pacific Islander	4%	
Hispanic/Latino	4%	
American Indian/Alaska	1%	
Other	13%	

2011 — 2012 SUPPORTERS

THANK YOU!

Because of community supporters like you, we're able to continue providing our critical services.
Thank you for investing in TR's mission and sharing our vision that men and women living with mental illness achieve a better life.

INDIVIDUALS

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In memory of James Anderson

Eileen Abbott and Jim Beyea

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Jerry and Cathie Howard

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Dean Ishiki

Margaret Ivanis

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Louise Johnson

Gina and Stephen Jones

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Mail in a donation to: Transitional Resources
 2970 SW Avalon Way
 Seattle, WA 98126

Call us at: (206) 883-2029 to donate over the
 phone or to discuss planned giving or matching
 gifts.

